

Urbana 50+ Community Center

Offering fitness, enrichment & social opportunities for ages 50+

UrbanaSeniorCenter@FrederickCountyMD.gov • 301-600-7020

www.FrederickCountyMD.gov/seniorservices Facebook: [Urbana Senior Center – Frederick County, MD](#)

December Program Highlights

Lunch with Nurse Steve:

“Why should I check the organ donor box on my driver’s license?”

Nurse Steve’s talk will be “a discussion on organ donation as a gift that goes on living.”

Date: Thursday, December 12

Sign-up by Wednesday, Dec. 4

Time: 11:45 a.m. **Cost:** \$5.00 (regular cost)

Nurse Steve’s talk at 12:15 p.m. is free.

The Inside Scoop:

Retirement: Making Your Money Last

Learn ways you can work toward fulfilling your retirement expectations. Explore ways to address inflation, health care expenses, market volatility and unexpected events.

Presenter: Joe Unangst, Edward Jones - Financial Advisor

Date: Tuesday, December 17

Time: 6:00 p.m. **Cost:** Free

*Optional Fried Chicken Supper, 5:15 p.m.
\$5.00 person, reservations required*

Telling Our Stories Introduction

Come learn about this writing memoirs group. The new program starts in January.

Date: Monday, December 16

Time: 11:30 a.m. **Cost:** Free

Exercise and Disease

Do you know the importance of exercise in prevention AND treatment of disease? Learn some exercise modifications or "things to watch" with specific diseases, such as heart disease, Parkinson’s, MS, lung diseases, and cancers. **Presenter:** Laura Hartman, MS, Exercise Physiologist, Sage Physical Therapy and Wellness

Date: Wednesday, December 4

Time: 11:30 a.m. **Cost:** Free

Holiday Luncheon

Date: Thursday, December 19

Sign-up by Wednesday, December 11

Time: 11:45 a.m. **Cost:** \$5.00 (regular cost)

Menu: roast beef, mashed potatoes, green beans, fruit ambrosia, pie

Fresh Conversations: Sugar, Sinfully Sweet?

Fresh Conversations is a nutrition information program designed to support healthy aging and independence. Registration required.

Date: Wednesday, December 4

Time: 1:00 p.m. **Cost:** Free

Noon’s Eve Luncheon

Date: Monday, December 30

Sign-up by Thursday, December 19

Time: 11:45 a.m. **Cost:** \$5.00 (regular cost)

Menu: pork, sauerkraut, mashed potatoes, green beans, fruit, dessert

Tasty Tuesday: Celebrating Good Food Champagne for the Holidays

This presentation is a general overview of the various kinds of champagne and their origins. (This is not a tasting with samples and a rating sheet.) **Presenter:** Roland Sebbane, from Orion Wines and Spirits.

Date: Tuesday, December 10

Time: 6:00 p.m. **Cost:** Free

Joy Bells (hand bell performance)

Mon, Dec. 9, 1:00 p.m.

Caroling Around the Piano

Tues, Dec. 10, 11:30 a.m.

Just In Time Quartet

Thurs, Dec. 12, 11:30 a.m.

MET Performance

Tues, Dec. 17, 10:45 a.m.



(see other side for calendar of activities)